

## Mental health first aid training offered

**Wednesday** Posted Oct 5, 2016 at 7:58 PM

Updated Oct 5, 2016 at 11:10 PM

By Staff report

The West Central Alabama Area Health Education Center is offering Youth Mental Health First Aid training to the Tuscaloosa County community. AHEC is a community based nonprofit that aims to promote diversity and retention of future healthcare providers in rural and underserved communities.

The eight-hour Youth Mental Health First Aid course is a nationally recognized certification. Upon completion, participants will receive a certification in Youth Mental Health First Aid through the National Council for Behavioral Health. Additionally, as an approved provider of the Alabama Board of Nursing, The Deep South Center for Occupational Health and Safety has awarded this program 8 contact hours (expiration date Jan. 3, 2019) and for others 0/8 CEUs. The Alabama Board of Social Work Examiners has approved this program for 8.50 CEUs and teachers can take this course for continuing education credit.

The next course will be Monday at the Tuscaloosa County Health Department, 2350 Hargrove Road E. Other dates are also available. Visit

..... or contact Mercedes Lightfoot, Youth Mental Health First Aid instructor, at .....@wcaahc.org or 205-614-6219.

